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THE PRACTICAL CARE AND FEEDING OF CHILDREN

MARY A. DUNS

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Mary A Dunn

THE PRACTICAL CARE AND FEEDING OF CHILDREN

BY

MARY A. DUNS

GRADUATE OF THE WOMAN'S HOSPITAL,
CHICAGO, ILL.

CHICAGO
E. H. COLEGROVE CO.
1904

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Affectionately dedicated to
Margaret E. Lillie
by the Author

I desire to bear testimony to the very great success Miss Duns has had in the care and management of infants and young children, extending over a period of many years, and I bespeak for her book a most cordial reception.

E. J. DOERING, M. D.,
Chicago.

PREFACE

This little book is the result of years of practical experience with infants and children in Chicago.

I have tried to condense it in every possible way, and at the same time make it so plain that anyone can understand it.

There is not a formula, recipe or remedy mentioned here that I have not used over and over again in my own practice, with the very best results, and I hope my experience will be a great help and guide to anyone into whose hands this book may fall.

MARY A. DUNS.

Chicago, December, 1903.

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Practical Care and Feeding of Children

THE PREPARATION OF MILK

And Directions for Bottle Feeding

ABOUT MILK AND MILK BOTTLES.

For infants and children always get the very best milk that you can—certified if possible. This is very important.

First, wash the paper top and all around neck of bottle with clean water, and a piece of sterilized cotton. If you are going to use the entire milk, shake the bottle thoroughly to mix it, removing paper with a clean fork, being sure that the rim of bottle is perfectly clean.

If you are going to use only the top milk be very careful not to shake the bottle in any way.

HOW TO PREPARE FOOD FOR BOTTLES.

Bring water or barley water (previously boiled) to a boil. First measure the quantity required, add the sugar of milk and salt, then while it is still boiling pour in the milk and cream. Remove at once from the fire and strain through a fine strainer. In this way the milk does not boil, and as, when the child grows older less water is used, even the heating process is lessened. Half an ounce of filtered lime water is to be added to each bottle just before putting the cork in.

WHY MILK SHOULD NOT BE BOILED.

Milk should never be boiled for a child who is depending on milk alone. All the nourishing properties of the cream are entirely destroyed, causing malnutrition, scurvy and numerous other ills, all of a serious nature.

In the case of older children, who use cereals with raw cream, butter, etc., the danger is not so great.

Avoid all infant foods that call for boiled milk. The only time that milk should be

boiled is during extremely hot weather, or if you are going on a journey.

FOOD FROM ONE DAY TO SIX WEEKS.

For the first week give only cream and water, one part cream to six of water, and one level teaspoonful of sugar of milk to each four ounces of fluid, one pinch of salt to each feeding. After the first week gradually increase to one part cream, two parts milk, and six parts water, according to directions on page 12.

For instance:

½ ounce cream.
1 ounce milk.
3 ounces water.

Usual amount taken at a meal one to three and one-half ounces. One ounce during the first week, and a half ounce increase each following week up to the sixth.

FOOD SIX WEEKS TO FOUR MONTHS.

Gradually increase to one part cream, two parts milk and four parts water according to directions on page 12.

Sugar of milk one level teaspoonful to each four ounces of fluid, one pinch of salt to each bottle.

For instance:

½ ounce of cream.
1 ounce milk.
2 ounces water.

Usual amount at one meal three and one-half to five ounces.

FOOD FOUR TO FIVE MONTHS.

After four months gradually increase according to directions on page 12.

To equal parts of milk and water add one-half ounce of extra cream to each bottle.

For instance:

½ ounce cream.
3 ounces milk.
3 ounces water.
Sugar of milk, one level teaspoonful to each 4 ounces of fluid. Pinch of salt to each bottle.

Usual amount taken at a meal, five to six ounces.

FOOD FIVE TO SEVEN MONTHS.

Three parts milk to two parts water; one pinch of salt to each bottle; one level teaspoonful of sugar of milk to each six ounces of fluid.

After five months a child may commence taking other foods:

1. Imperial Granum, which is a grain food.
2. Mellin's Food, which is a malted food.

Commence by using some in one bottle each day for several days—say three; then in two bottles and so on until you have it in all.

Usual amount to each meal, six to seven ounces.

Reliable directions for preparing Mellin's food will be found on the bottles and on the wrappers. Directions for preparing Imperial Granum for infants and older children will be found in this book.

FOOD SEVEN TO TEN MONTHS.

After seven months gradually increase to four parts milk and one part water. Between nine and ten months, gradually in-

crease to pure milk, as a child of ten months can usually take it; one level teaspoonful of sugar of milk to each eight ounces of fluid.

Usual amount for each meal, seven to eight ounces.

A child should never, under any circumstances, take more than eight ounces from a bottle at one time.

If, at the age of nine months, the child is gaining three or four ounces a week, it will not be necessary to make the milk any stronger than four parts milk to one part water. When not gaining at all, increase gradually to pure milk unless you are using some baby food. These are always mixed with water before cooking, and that dilutes the milk a little.

ABOUT TOP MILK.

These are the directions for preparing milk for children who have weak stomachs, and, consequently, cannot digest the large curds contained in the lower part of milk. If the following directions are carefully carried out, the ultimate result is the same.

Take a quart bottle of milk after it has stood four hours. Take the first ounce with a teaspoon, and the rest with a long, narrow dipper that comes for the purpose, and can be bought from E. H. Sargent & Co., 30 E. Washington St., Chicago, and J. T. Dougherty, 409 W. 59th St., New York.

Half an ounce of filtered lime water is to be added to each bottle before putting the cork in.

DURING THE FIRST MONTH.

The first week only cream and water; one part cream to six of water. After that, gradually increase to six ounces of milk dipped out of the top of a quart bottle, according to directions on pages 7 and 12.

For instance: Six ounces of milk, eighteen ounces of water, and six level teaspoonfuls of sugar of milk; eight pinches of salt.

Bring the water (previously boiled and filtered) to a boil. Add the sugar of milk and salt. Put the milk, or rather, at this age, the cream, into the water. Remove from the fire. Bottle and cork enough for one meal in each bottle. This is enough for eight bottles, three ounces in each. Half an ounce of filtered lime water is to be added to each bottle before putting the cork in. Strain through a fine strainer, Keep on ice.

Usual amount taken at a meal, one to three ounces. One ounce during the first week, and a half ounce increase each following week, up to the fifth.

FIVE WEEKS TO THREE MONTHS.

Top milk, 9 ounces.
Water, 18 ounces.
Sugar of milk, 7 level teaspoonfuls.
Salt, 8 pinches.

Prepare as before, being careful not to shake the bottle of milk in any way, until you have taken what you want. The idea is to go deeper into the bottle each month without stirring the milk.

Usual amount taken at a meal, three to four and one-half ounces.

THREE TO FOUR MONTHS.

Top milk, 13 ounces.
Water, 19 ounces.
Sugar of milk, 8 level teaspoonfuls.
Pinch of salt to each bottle.

Usual amount taken at a meal, four and one-half to five ounces.

FOUR TO FIVE MONTHS.

Top milk, 17 ounces.
Water, 19 ounces.
Sugar of milk, 9 teaspoonfuls.
Pinch of salt to each bottle.

Usual amount taken at a meal, five to six ounces.

FIVE TO SEVEN MONTHS.

Top milk, 24 ounces.
Water, 14 ounces.
Sugar of milk, 6 level teaspoonfuls.
Pinch of salt to each bottle.

Usual quantity taken at a meal, six to seven ounces.

After five months several kinds of baby foods can be used in connection with the milk. Full directions will be found on page 5 of this book.

If possible, omit all night feedings at this age.

If impossible, continue one at night.

Usual amount taken at a meal, six to seven ounces.

SEVEN TO TEN MONTHS.

After seven months put an extra ounce of milk to the twenty-four hours' supply every week. When the first quart of milk is used up, take another, and commence in the same way. The water at this age can be decreased—say one ounce a week. Also lessen the amount of sugar of milk a teaspoonful every two weeks, as when pure milk is used it is not needed.

Usual amount taken at a meal, seven to eight ounces.

A child can usually take pure milk at ten months, but if still gaining four ounces a week you can stop increasing any time for a week or so. Then begin again in the same way, unless you are using some baby food—they are always mixed with water, and that dilutes the milk a little.

THE CORRECT WAY TO GIVE THE BOTTLE.

An infant should be held in the arms in a comfortable position while it is taking its bottle. If this is impossible it should lie on its side—never on its back, as it is liable to choke.

Heat the bottle by letting it stand in a quart measure full of hot water—leave the stopper in until the milk is warm. The temperature of the milk should be about 100 degrees (it can be tested without a thermometer by dropping a little on the back of the hand). The bottle should be thoroughly shaken, and the nipple drawn over, and the bottle covered with a flannel bag to keep the milk warm while the child is taking it. The bag can either be crocheted or made of eiderdown.

TO INCREASE QUALITY WITHOUT INCREASING QUANTITY.

To increase the quality of milk at six weeks to four months of age, or any other age when a change is required, one day add one-half ounce of milk to the entire amount for twenty-four hours. Next day take away one-half ounce of water, or barley water, as the case may be. Next day add one-half ounce of milk, and so on, alternating each day until you have the desired proportions.

TO INCREASE QUALITY AND QUANTITY.

If you are going to increase the quality and the quantity at the same time you can do so by adding one-half ounce of milk to the entire amount for twenty-four hours each day (without decreasing the water) until you have the desired proportions.

DRINKING WATER.

A child under one month should take two ounces of water daily. From one to three months, three ounces daily; three to six months, four ounces; six to eight months, five ounces; eight to twelve months, seven

or eight ounces. After one year they will take as much as they want of their own accord. The water should always be previously boiled, and, if necessary, filtered. The water should be warmed during the first year, after that it may be given cold.

BOTTLE FEEDING, AND AMOUNTS AT DIFFERENT AGES.

Under six weeks, the usual amount is from one-half ounce up to three and one-half ounces; six weeks to four months, three and one-half to five ounces; four to five months, five to six ounces; five to six months, six ounces; six to ten months, six to eight ounces. The amount that children take varies a little, but the above is as near as one can figure.

Never give more than eight ounces at one time. A child should always take fifteen to twenty minutes to take eight ounces of milk, and a smaller quantity less time in proportion. Drinking milk quickly is very dangerous for either a child or an adult, as the stomach is not prepared for it, and large curds form, sometimes causing convulsions.

FEEDING HOURS.

A child under three months should have eight feedings in twenty-four hours:

7 or 7:30 a. m.
9:30 or 10 a. m.
12 noon.
2:30 p. m.
5 p. m.
7:15 p. m.
9:45 p. m.
And once at night.

From three to six months, seven feedings:

7 a. m.
10 a. m.
1 p. m.
4 p. m.
7 p. m.
9:45 p. m.
And once at night.

After six months a child should not be fed at night, but the day feedings, six in number, should be the same.

7 a. m.
10 a. m.
1 p. m.
4 p. m.
7 p. m.
9:45 p. m.

If at the age of six months, a child awakens at 4 a. m., and seems very hungry, it may be fed, but if it can be made to go to sleep again without feeding it would be better.

WHY FOODS SHOULD BE CHANGED GRADUALLY.

Infants' food should be changed gradually, as it takes two or three days to find out if it agrees. The common symptoms are usually vomiting, loose or green movements, bloating, accompanied with pain, but even these symptoms will subside after a fair trial, and food agree that at first seemed to cause trouble.

This refers to an entire change in the food and not to an increase in the quality of the food you have been using.

FOODS WHEN FRESH MILK CANNOT BE TAKEN.

Condensed milk.
Horlick's malted milk.
Nestle's Food.

This is only for a limited time.

ABOUT NURSING BABIES.

In commencing the bottle with a nursing baby, the proportions of cow's milk would have to be much less. That is to say, less milk and more water than a baby who has been raised on the bottle would take at the same age. Say half strength to begin with, and keep it on that for a week or two, then gradually change until it is the same. See page 12.

ABOUT LIME WATER.

Lime water is used to counteract the acid in the milk, and also as an ingredient necessary to make it contain all that is needed in the way of lime. It should always be filtered through cotton, and never boiled, as extreme heat turns it into powder, which is very unhealthy. The usual amount is one-half ounce to each bottle.

In all the directions given in this book, when plain water is used, lime water should be given with each formula, *i. e.,* a half ounce to each bottle.

WHAT TO DO IN CASE THE MILK GETS SOUR.

Always keep a bottle of Horlick's malted milk in the house in case the milk in the bottle gets sour in the night. This sometimes happens with the very best of care, and causes a great deal of trouble.

One bottle can be given of the malted milk to tide over the difficulty until the regular food can be prepared. If kept in a cool, dry place, malted milk will keep a long time.

Take one teaspoonful of the malted milk to each four ounces of hot water (previously boiled) and strain.

THE BEST NURSING BOTTLES AND NIPPLES.

The best kind of bottles to use are the round ones, called sterilizing bottles. They have each ounce marked on the glass, and hold eight ounces.

The best kind of nipples are the Mizpah No. 66. They have an air-valve, and do not collapse as easily as others. If you cannot possibly get these, get the very best black rubber ones you can.

REGULARITY OF FEEDING.

An infant should always be fed at exactly the same hour every day, whether awake or asleep. Some children will eat while in a sound sleep; if not, they must be awakened. If this is done for a few times they will soon form the habit of being ready to eat at the right time. Never disturb a child at night. If it wants to eat it will let you know.

HOW TO TAKE CARE OF BOTTLES.

As soon as the baby gets through with the bottle, rinse it and fill with clean water, and lay aside until you are ready to clean thoroughly, then empty the water and put one teaspoonful of carbonate of soda into one, fill with water, take a bottle brush and wash inside, being sure to touch every spot. Pour the soda water into the next bottle, and so on, until the entire number for twenty-four hours are done. Next rinse each bottle with clean water, inside and out. Fill a large pan half full of water, and put water into the bottles until it is as high as the water in the pan. After it boils, boil hard for five minutes at least. When cool enough to handle pour out the water, stopper each one with a sterilized rubber cork until you are ready to put in the milk.

HOW TO STERILIZE RUBBER CORKS AND NIPPLES.

As soon as the baby is through with the bottle take the rubber cork and nipple, rinse thoroughly, and put in a cup or glass without water until you have enough to sterilize. When ready to sterilize put them in a pan, to which a teaspoonful of carbonate of soda has been added. Boil for five minutes. Rinse thoroughly and put down again, covered with clean cold water, boil five minutes longer. Pour off the water, put in a clean, dry glass, with a cover that fits close enough to keep the dust out, but not close enough to be air-tight. Rubber treated in this way will last twice as long as if kept in water. Sterilized absorbent cotton may also be used instead of the rubber corks, but unless you know exactly how to use it there is danger of getting particles of it into the food, so the rubber corks are really safer.

FEEDING A BABY TEN MONTHS OLD

The Best Way to Commence

One hour and a half after the first morning meal commence giving orange juice in the following manner:

The first day, ½ teaspoonful.
The second day, 1 teaspoonful.
The third day, 1½ teaspoonfuls.
The fourth day, 2 teaspoonfuls.
The fifth day, 2½ teaspoonfuls.
The sixth day, 3 teaspoonfuls.

And so on, increasing each day until you are giving two tablespoonfuls, which is enough for the first year. After that gradually increase to two ounces (or four tablespoonfuls) and then increase to the juice of a whole orange.

From ten to ten and one-half months, one hour before the noon meal, commence feeding with a little chicken or mutton broth (full directions for making broth will be found in this book), but as they take so lit-

tle to begin with I think it best not to count this as a meal, but rather as an extra. They must take it from a spoon or a cup, and not out of a bottle. They will probably take only a few teaspoonfuls to begin with, and it may be gradually increased to four ounces or half a cup. At the end of two weeks the 1 p. m. bottle may be omitted, and in its place the following formula may be used:

After Ten and One-half Months.

Monday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. ½ cup chicken broth with the yolk of an egg stirred in (not cooked).
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Tuesday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. ½ cup of chicken broth with a little thoroughly cooked farina

(cooked in the soup).
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Wednesday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. A small dish of thin farina, with a little cream and sugar over it.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Thursday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. Mutton or chicken broth, with a little farina stirred in.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Friday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.

1 p. m. ½ cup of chicken or mutton broth, with the yolk of an egg stirred in (not cooked).
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Saturday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. A small dish of boiled, strained rice, with a little cream and sugar.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Sunday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. Two tablespoonfuls of beef juice poured over one tablespoonful of bread crumbs and a little salt.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Continue this for four weeks, or until the child is eleven and one-half months old.

After Eleven and One-half Months.

Monday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. 1 cup mutton broth, with yolk of egg (not cooked) stirred in a cup and the hot broth gradually added.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Tuesday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. Chicken or mutton broth, with a little soft boiled rice stirred in.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Wednesday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. A small dish of farina, with cream and sugar.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

A child of this age may also have a cracker.

Thursday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. 1 cup of mutton or chicken broth, with yolk of egg. Put the egg in a cup, stir thoroughly with a spoon and gradually add the broth.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Friday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. 1 cup of mutton or chicken broth, with a little thoroughly cooked farina stirred in.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Saturday.

7 a. m. Milk as usual.
10 a. m. Milk as usual

1 p. m. Thoroughly cooked baked potato, with the juice of half a pound of beef poured over.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Sunday.

7 a. m. Milk as usual.
10 a. m. Milk as usual.
1 p. m. A dish of strained boiled rice with cream.
4 p. m. Milk as usual.
7 p. m. Milk as usual.
9:45 p. m. Milk as usual.

Continue this for four weeks, or until the child is one year and two weeks old.

PERMISSIBLE FOODS.

From One Year to Eighteen Months.

Our last formula was for a child of one year and two weeks, and from that time up to eighteen months any of the following articles may be used:

Mutton broth.
Chicken broth.
Soft boiled egg.
Yolk of egg stirred in soup.
Orange juice.
Strained prunes.
Strained apple sauce.
Inside of baked apple.
Graham crackers.
Soda crackers.
Custard.
Stale bread and butter.
Junket.
Blood gravy of beef with bread.
Bacon, well cooked.
Baked potato.
Beef juice.
Pure milk.

BILLS OF FARE.

From Twelve and One-half to Fifteen Months.

Monday.

7 a. m. Milk as usual, plain or with granum, or whatever baby food you are using.

8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.

12:30 p. m. 1 cup chicken broth with yolk of egg, a few teaspoonfuls of boiled rice and 1 cracker. 1 teaspoonful of apple sauce.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

9:45 p. m. If possible, omit this bottle.

Tuesday.

7 a. m. Milk as usual.

8:30 a. m. 1 tablespoonful strained prunes.

9:30 a. m. Milk as usual.

12:30 p. m. 1 cup chicken broth, with a little boiled rice. 1 Graham cracker. 4 tablespoonfuls junket.

3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.
If possible, omit the 9:45 p. m. feeding.

Wednesday.

7 a. m. Milk as usual.
8:30 a. m. Orange juice.
9:30 a. m. Milk as usual.
12:30 p. m. Juice of half a pound of beef over half a baked potato. 1 cracker. 1 tablespoonful strained prunes.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.
Omit the 9:45 p. m. feeding if possible.

Thursday.

7 a. m. Milk as usual.
8:30 a. m. 2 tablespoonfuls apple sauce.
9:30 a. m. Milk as usual.
12:30 p. m. Small dish of soft boiled rice cooked in milk. 1 soft boiled egg with stale breadcrumbs. 1 cracker.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.
9:45 p. m. This feeding, if possible, should be omitted.

Friday.

7 a. m. Milk as usual.
8:30 a. m. Orange juice.
9:30 a. m. Milk as usual.
12:30 p. m. 1 cup mutton broth with well-cooked farina.
1 cracker. Inside of baked apple.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.
If possible, the 9:45 p. m. feeding should be omitted.

Saturday.

7 a. m. Milk as usual.
8:30 a. m. 2 tablespoonfuls of strained apple sauce.
9:30 a. m. Milk as usual.
12:30 p. m. 1 cup mutton broth with rice. 2 tablespoonfuls strained prunes. 1 cracker.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.
If it is possible to omit the 9:45 p. m. feeding do so.

Sunday.

7 a. m. Milk as usual.
8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.

12:30 p. m. Juice of ½ lb. beef over half a baked potato. Inside of baked apple.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

Omit the 9:45 p. m. feeding if possible.

These Bills of Fare may be followed for three months.

From Fifteen to Eighteen Months.

Monday.

7 a. m. A small dish of strained oatmeal with four ounces of milk poured over it. The other four ounces may be fed from a spoon or cup, or a bottle if necessary.

8:30 a. m. Juice of one orange.

9:30 a. m. After bath. A bottle of milk either plain or with whatever baby food you are using.

12:30 p. m. 1 cup chicken broth with yolk of egg. Small dish of boiled rice. Tablespoonful apple sauce (strained). 1 cracker.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

If possible omit the 9:45 p. m. bottle.

Tuesday.

7 a. m. A bottle containing 8 ounces of milk and Imperial Granum, or whatever baby food you are using. 1 cracker. Piece of bacon.

8:30 a. m. 2 tablespoonfuls of strained prunes.

9:30 a. m. Milk as usual.

12:30 p. m. 1 cup of chicken broth with some rice boiled with it (thoroughly cooked). 3 tablespoonfuls of boiled custard.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

Omit the 9:45 bottle if possible.

Wednesday.

7 a. m. A small dish of farina. If cooked with water pour some thin cream over it. If cooked with milk pour over it four ounces of pure milk, and let the child drink the rest of the bottle from a cup or spoon if possible.

8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.
12:30 p. m. Juice of half a pound of beef poured over as much baked potato as it will moisten, and a little salt. 1 cracker. 2 tablespoonfuls strained prunes.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.
9:45 p. m. Omit this bottle if possible.

Thursday.

7 a. m. A bottle containing 8 ounces of milk and whatever baby food you are using. 1 cracker. Piece of bacon.
8:30 a. m. Inside of baked apple.
9:30 a. m. Milk as usual.
12:30 p. m. 1 soft boiled egg with a little bread crumbs. A little soft boiled rice.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.
9:45 p. m. If possible omit this feeding.

Friday.

7 a. m. A small dish of strained oatmeal with four ounces of milk poured

over. Four ounces of milk taken from a spoon or cup.

8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.

12:30 p. m. 1 cup mutton broth with well-cooked farina. Piece of bread and butter. 4 tablespoonfuls strained apple sauce.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

9:45 p. m. Omit this feeding if possible.

Saturday.

7 a. m. A bottle containing 8 ounces of milk and whatever baby food you are using. 1 cracker. Piece of bacon.

8:30 a. m. 3 tablespoonfuls strained apple sauce.

9:30 a. m. Milk as usual.

12:30 p. m. 1 cup mutton broth with rice. 3 tablespoonfuls strained prunes. 1 cracker.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

Omit the 9:45 p. m. feeding if possible.

Sunday.

7 a. m. Small dish of farina with 4 ounces of milk poured over. 4 ounces of milk from a cup or spoon.
1 cracker. Piece of bacon.

8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.

12:30 p. m. Juice of half pound of beef poured over a baked potato. Inside of baked apple.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

If possible omit the 9:45 p. m. feeding.

From Eighteen Months to Two Years.

Monday.

7 a. m. Small dish of oatmeal with 4 ounces of milk poured over. 4 ounces of milk from a cup or spoon.
8:30 a. m. Juice of orange.
9:30 a. m. Milk as usual.
12:30 p. m. Juice of half a pound of beef over a baked potato. 3 tablespoonfuls of strained prunes.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.

Tuesday.

7 a. m. 8 ounces of milk and some baby food. Piece of bacon. 1 cracker.
8:30 a. m. 3 tablespoonfuls apple sauce.
9:30 a. m. Milk as usual.
12:30 p. m. 1 cup of mutton broth with a little rice. Small dish of stewed celery. Small dish of junket.
3:30 p. m. Milk as usual.
6:30 p. m. Milk as usual.

Wednesday.

7 a. m. Small dish of farina with 4 ounces of milk poured over. 4 ounces of milk from a cup.

8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.

12:30 p. m. Soft boiled egg with stale bread crumbs. A piece of bread and butter. 3 tablespoonfuls of strained prunes.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

Thursday.

7 a. m. 8 ounces milk with whatever baby food you are using. 1 cracker. A small piece of bacon.

8:30 a. m. 3 tablespoonfuls strained prunes.

9:30 a. m. Milk as usual.

12:30 p. m. Juice of half a pound of beef poured over a baked potato. Inside of baked apple. 1 cracker.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

Friday.

7 a. m. Small dish of strained oatmeal with 4 ounces of milk poured over. 4 ounces of milk from a cup.

8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.

12:30 p. m. A small dish of fricasseed sweetbreads. 2 tablespoonfuls of strained peas. A few tablespoonfuls of baked custard. 1 cracker.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

Saturday.

7 a. m. Eight ounces of milk and whatever baby food you are using. A piece of bread and butter. A piece of bacon.

8:30 a. m. 3 tablespoonfuls of apple sauce.

9:30 a. m. Milk as usual.

12:30 p. m. 1 cup of chicken broth with some farina or rice in it.

1 cracker, 3 or 4 tablespoonfuls of prune juice.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

Sunday.

7 a. m. Small dish of farina with 4 ounces of milk poured over. 4 ounces of milk from a cup.

8:30 a. m. Orange juice.

9:30 a. m. Milk as usual.

12:30 p. m. A small dish of chopped breast of chicken. 1 tablespoonful of asparagus tips. A small dish of boiled custard.

3:30 p. m. Milk as usual.

6:30 p. m. Milk as usual.

A child between one and two years should have its milk from a bottle after its bath, and at bedtime. The rest of the time it should be gradually taught to eat from a cup or spoon.

From Two to Five Years.

Monday.

Breakfast—Baked apple.
Cornmeal mush with milk or thin cream.
Glass of milk.
Noon dinner—Juice of half pound of beef over a baked potato.
Slice of stale bread and butter.
Dish of strained prunes.
3:30 p. m.—Cup of milk and a cracker.
6.30 p. m.—Slice of cream toast.
Glass of milk.

Tuesday.

Breakfast—Juice of one orange.
Soft boiled egg on toast with bread-crumbs.
Slice of bread and butter.
Glass of milk.
Bacon.
Noon dinner—Fricasseed sweetbreads.
Peas.
Bread and butter.
Baked potato with gravy of sweetbreads.

Small dish of boiled custard.
3:30 p. m.—Glass of milk with or without cracker.
6:30 p. m.—Dish of farina.
Cracker or bread and butter.
Apple sauce.
Glass of milk.

Wednesday.

Breakfast—Apple sauce.
Strained oatmeal with milk or thin cream.
Glass of milk.
Toast or bread and butter.
Bacon.
Noon dinner—Lamb chop.
Baked potato with cream and butter.
Strained spinach.
Dish of junket.
3:30 p. m.—Glass of milk with or without cracker.
6:30 p. m.—Dish of soft boiled rice.
Strained prunes.
Glass of milk.
Slice of bread and butter.

Thursday.

Breakfast—Orange juice or grapes (being careful to remove the seeds and skins).

Farina with milk or thin cream.
Bread and butter.
Glass of milk.

Noon dinner—Broiled calves' brains.
Stewed celery.
Baked potato.
Bread and butter.
Baked custard.

3:30 p. m.—Glass of milk with or without cracker.

6:30 p. m.—Omelette made with one egg.
Slice of toast.
Glass of milk.

Friday.

Breakfast—Strained apple sauce.
Bread and butter.
Strained oatmeal.
Bacon.
Glass of milk.

Noon dinner—Scraped meat balls with beef juice.
Baked potato.
Strained spinach.
Baked apple.

3:30 p. m.—Cup of cocoa with or without cracker.

6:30 p. m.—Slice of cream toast.
Glass of milk.
Dish of strained prunes.

Saturday.

Breakfast—Orange juice or grapes.
Soft boiled egg with stale bread-crumbs.
Bread and butter.
Glass of milk.
Noon dinner—Lamb chop.
Baked potato.
Green Peas.
Chocolate pudding.
3:30 p. m.—Glass of milk with or without cracker.
6:30 p. m.—Farina and milk.
Apple sauce.
Bread and butter.

Sunday.

Breakfast—Baked apple.
Strained oatmeal.
Piece of bacon.
Bread and butter.
Noon dinner—Finely cut breast of chicken.
Baked potato with gravy.
Asparagus tips.
Small dish of plain ice cream.

3:30 p. m.—Glass of milk.
6:30 p. m.—Soft boiled rice.
Strained prunes.
Bread and butter.

Any morning, weak cocoa made with milk may be given instead of the plain milk.

After three years any fresh ripe fruit may be given instead of the cooked fruit, for a change.

Fruit with small seeds, such as raspberries, strawberries, etc., should always be strained.

Baked or broiled fish may also be given.

There is no objection to children taking broth for the noon meal in addition to the bill of fare mentioned here, unless it takes away the appetite for other things, which is often the case.

Any day that the family have roast beef for noon dinner the child may have a little of the beef, finely cut, and the blood gravy over the potato.

Recipes will be found in this book for all the foods and dishes mentioned in the bills of fare.

It is better to give water to children between meals than while they are eating, but it must not be forgotten.

THE CORRECT WAY TO SERVE WARM FOODS.

Children should always eat slowly. Under ordinary circumstances food that is intended to be warm is cold and unappetizing before the meal is over. This can be avoided by getting a hot-water plate and filling it with boiling water. These are inexpensive, and can be had at any first-class crockery store. They will keep hot an hour.

THE CORRECT WAY TO PREPARE FOOD.

With Original Recipes.

BARLEY GRUEL.

Barley gruel and barley water are entirely different, and are used for different purposes. The water is for infants under three months old and for summer complaint. The gruel is made of prepared barley, and is a food so should not be used in any other way. Full directions for preparation comes on the box.

RICE WATER.

Two tablespoonfuls of rice, thoroughly washed; one pint of water. Put in a warm (not hot) place for two hours. Steam in double kettle one hour and strain.

ALBUMEN WATER.

Put the white of an egg in a glass, and gradually stir in with a teaspoon half a glass of (boiled) cold water, one teaspoonful of sugar of milk, or a half teaspoonful of granulated sugar. For an infant, warm slightly, and for an older child, serve cold.

WHEY.

Heat a pint of fresh milk to 115 degrees, or as hot as can be comfortably borne by the mouth. Add two teaspoonfuls of Fairchild & Foster's or Armour's Essence of Pepsin. In a short time it forms into a firm curd. This is broken with a silver fork until thoroughly divided. Strain off the whey, cool, and put on ice. Enough can be made at one time to last twenty-four hours; enough for one feeding in each bottle. Warm before using. Sweeten slightly.

CHICKEN BROTH.

Take from one and one-half to two pounds or half an old chicken. Break each joint in half, pour two quarts of cold water over and add one-eighth teaspoonful of salt. Boil slowly for two hours, or until reduced to one pint. Strain and skim.

OYSTER BROTH.

One pint of oysters (take out six of the largest); put on the fire with a cup of cold water and a little salt. Simmer slowly until

oysters are hard, strain, and press through a strainer. Put the liquor on the fire again, skim, and let it come to a boil. Add a pint of milk and a little cream, and one tablespoonful of flour, free from lumps. When boiling drop in the six oysters, and remove at once from the fire.

MUTTON BROTH.

Take one pound of neck of mutton, bone and all (not the fat), cut into pieces one inch square. Put two quarts of water on and one-eighth teaspoonful of salt. Boil slowly two hours or until reduced to one pint, strain and skim.

OATMEAL WATER.

One quart: Take two tablespoonfuls of rolled oats. Put one quart of boiling water with the oats into top part of the steamer, also put boiling water underneath. Stir once and boil half an hour. Strain and use the same as barley water. This is for constipation.

BARLEY-WATER.

One quart: Take four level teaspoonfuls of pearl barley, thoroughly washed; one quart of water; boil in double kettle two hours. Strain and use only the clear part.

This is to be used for loose bowels instead of plain water, and in the same proportion.

HOW TO PREPARE BOILED FLOUR.

One pint of wheat flour and four tablespoonfuls of cold water. Moisten the flour with the water; press it into a ball. Tie it tightly in a strong cloth. First dampen the cloth and sprinkle it with flour; put into boiling water and let boil for ten hours. Remove the cloth and dry in a moderate oven, or in the hot sun. When dry grate with the grater, sift thoroughly, and put away in a Mason jar ready for use.

BOILED FLOUR GRUEL.

Two level teaspoonfuls of grated flour, four tablespoonfuls of cold water; blend thoroughly. One pinch of salt, one teaspoonful of sugar of milk. Bring half a pint of milk to boiling point; stir in the flour and water; boil three minutes.

This is excellent in cases of diarrhoea.

TOAST WATER.

Toast three slices of bread in the oven very slowly until it is a dark brown. Put it into a pitcher and pour a quart of boiling water over it. Cover, and when it is cold, strain and serve. This is excellent in cases of nausea and thirst from fevers.

CREAM TOAST.

Toast one slice of stale bread to a medium brown on both sides; lay it on a hot plate, and sprinkle with salt. Pour three or four tablespoonfuls of boiling water over. When that has soaked in add a tablespoonful of rich cream.

Serve between hot plates.

COCOA.

Blend one teaspoonful of cocoa, one teaspoonful of granulated sugar, and one tablespoonful of cold water to a smooth paste. Add one cup of boiling milk, or one cup of half cream and half water. Let it boil one minute.

THE BEST WAY TO BOIL AN EGG.

Put some water in a covered pan, enough to cover the egg. When it comes to a boil put in the egg, and remove at once from the fire. Keep the cover on and let the egg remain in the water from seven to ten minutes; after seven minutes it does not cook any more.

HOW TO PREPARE RICE.

Wash the rice thoroughly, soak about twelve hours, or over night. Pour off the water, and steam in double kettle one hour, adding milk to make the right consistency, also a little salt. This can also be prepared by steaming two hours without soaking. The result is about the same. Serve with cream and sugar, or stewed fruit.

HOW TO COOK FARINA.

Put a cup of milk, or equal parts of milk and water, into a double boiler. Salt to taste. When it boils add one level teaspoonful of granulated sugar, gradually stir in

two level teaspoonfuls of farina. Boil for twenty minutes, stirring to prevent lumps. (Add the farina very slowly.) Serve with milk or cream.

STRAINED OATMEAL.

Few people can digest oatmeal unless it is strained. Use any kind that comes in sealed packages. Put a pint of water in a double boiler. Let it come to a boil; add four tablespoonfuls of oats, and a little salt. Boil for twenty minutes. Strain through a colander; press through with a potato masher. If too thick a little more water may be added. Serve with cream and sugar.

HOW TO PREPARE IMPERIAL GRANUM.

For Infants and Children Under One Year.

When a baby from five months to a year old takes granum the proportion of water used in cooking should be equal to the quantity of water you are using to dilute the milk at that time. The proportion of granum is about one level teaspoonful to each twelve ounces of water and milk com-

bined. To prepare it measure the granum into a cup; add a tablespoonful of cold water to each teaspoonful of granum, and blend thoroughly. Next have the water boiling in a double steamer; stir in the granum and water and a little salt and boil for twenty minutes, being sure that it is boiling all the time. Just before removing from the fire add the milk, strain, and bottle in the usual way.

For Children One Year Old or More.

At this age the proportion of Imperial granum is one level teaspoonful of granum to eight ounces of milk. A child a year old always takes eight ounces in a bottle at one time, so the proportion is one teaspoonful of granum to each bottle.

Blend the granum in a cup with a tablespoonful of cold water, and when it is thoroughly mixed stir it into three ounces of boiling water in a saucepan, and boil slowly for ten minutes, stirring all the time. This will thicken and boil down a little. When the ten minutes are up add three ounces of milk and remove from the fire. Pour this

into a bottle, and add enough milk to make eight ounces. Enough may be made at one time for several bottles, and kept in the ice-box ready for use. Strain.

HOW TO SQUEEZE BEEF JUICE.

Take half a pound of lean round steak, nearly an inch thick; cut into pieces about two inches square. Have a hot frying pan on the fire, put the beef squares on, and turn over as soon as they begin to get brown on the under side. When both sides are brown (not cooked through) squeeze while hot through a meat press. (I prefer a common lemon squeezer.) Squeeze thoroughly until the pulp is quite dry. Add a pinch of salt. Serve in a small coffee cup, standing in a larger cup of hot water. Be careful not to get the juice too hot, as it coagulates. Make fresh every time.

SCRAPED MEAT BALLS.

Take half a pound of round steak, same as for beef juice; scrape lightly with a table-spoon until you have enough fine beef to make two small cakes. Squeeze what is left,

same as for beef juice, letting it stand in a cold cup until the balls are cooked. Cook the balls in a hot frying pan until they are partly cooked through, being careful not to get them too well done. Put them on a hot plate, and pour a little of the beef juice on at a time until it is all used up. Before the meat balls are put on to cook rub the pan lightly with butter, otherwise they might stick.

FRICASSEED SWEETBREADS.

Take half a pound of calves' sweetbreads; boil for half an hour and remove all fat and skin. Put into a frying-pan with a little butter, and brown slightly. Lay the sweetbreads on a piece of toast. Mix half a teaspoonful of flour, three tablespoonfuls of milk, three tablespoonfuls of the water in which they have been boiled. Blend thoroughly free from all lumps, and boil until it thickens. Pour over for gravy.

CALVES' BRAINS

are prepared the same as sweetbreads.

STUFFED POTATOES.

Bake a medium sized potato very soft, cut across the center and remove all the potato with a teaspoon, taking care not to break the skin. Mash with a fork until perfectly smooth. Add a liberal pinch of salt, teaspoonful of butter, two tablespoonfuls of cream. Put back in the skin, place in the oven until very hot. Serve immediately.

SCALLOPED CHICKEN.

Fill small dishes with finely cut (not chopped) chicken. Cover with a thin layer of bread crumbs, and put little squares of butter on top. Push the bread crumbs aside in one place, pour in enough thickened milk to come to the top of the dish; season with salt. Bake in a moderate oven until milk boils, and bread crumbs are brown.

CORNSTARCH PUDDING.

One heaping teaspoonful of cornstarch; one teaspoonful of granulated sugar; one cup of boiling milk. Blend the cornstarch and sugar with a little cold water; add the boiling milk, and boil until it thickens. Add five drops of vanilla extract. Pour into a mould and serve cold with cream and sugar.

CHOCOLATE PUDDING.

One teaspoonful of granulated sugar; one heaping teaspoonful of cornstarch; one heaping teaspoonful of cocoa or ground chocolate; blend with a tablespoonful of cold water. Add one cup of boiling milk, boil until it thickens. Add five drops of vanilla extract; serve with cream and sugar.

JUNKET.

Take a pint of fresh milk, heat to about 115 degrees, or as hot as can agreeably be borne by the mouth. Add two teaspoonfuls of essence of pepsin; stir just enough to mix it. Let it stand until firmly curded and cold. Serve with sugar.

This is a nice, light dessert for children of any age from one year up.

STRAINED PRUNES.

Take one pound of prunes; wash thoroughly, soak in cold water over night. Next morning boil until soft, and just before taking off the fire add a tablespoonful of granulated sugar. When cold remove all the stones, mash through a colander with a potato masher.

BAKED CUSTARD.

Break an egg into an old cup or a small dish that holds about seven ounces. Beat the egg thoroughly and add a heaping teaspoonful of granulated sugar, five drops of vanilla extract and four ounces of cold milk. Bake in a moderate oven until the top is slightly brown.

Serve cold.

BOILED CUSTARD.

Separate the yolk and the white of an egg, mix the yolk with a heaping teaspoonful of granulated sugar, stir until smooth. Bring four ounces of milk to boiling point and stir in the yolk and sugar, put on the fire until it begins to thicken (do not let it boil or it will curdle). Remove from the fire, beat the white of the egg stiff, mix all together and set in a cool place. Serve cold.

PRUNE SOUFFLE.

One pound of prunes, soaked and boiled until soft. Remove all stones and mash through a large strainer. Add two tablespoonfuls of granulated sugar, half tea-

spoonful of vanilla extract, and the stiff-beaten whites of two eggs. Stir all together and bake in a moderate oven for twenty minutes. Serve cold with whipped or plain cream.

FRENCH TOAST.

Take one raw egg, break into a soup plate. Add one tablespoonful of granulated sugar, and if desired, a little vanilla extract. Beat thoroughly, fill the bowl of the soup plate with milk. Soak slices of bread in it, one at a time, until soaked through. Fry in lightly buttered pan until brown. Serve with jelly and powdered sugar.

OMELETTE.

Beat the whites of two eggs with a fork very stiff. Beat the yolks in another dish, with a teaspoonful of sugar and five drops of vanila, until smooth. Have a hot frying pan on the fire, slightly buttered, also two hot plates in the oven, ready to receive it. Next mix together the whites and yolks; do not stir much. Put on the frying pan. When it begins to brown fold once. Put between the hot plates, leave in the oven one minute, serve immediately.

MISCELLANEOUS SUGGESTIONS.

HOW TO FILTER WATER AND SOLUTIONS.

Boil the water fifteen minutes, let it stand the same length of time to settle, as there is usually a lot of sediment. Take a clean funnel, glass or agate ware preferred; stuff the narrow part of the funnel tight with absorbent cotton. Let the water drip slowly through that; throw away the first ounce or two, to wash off the cotton and to avoid getting any dust that may be on it into the water. The rest of the water that drips through is ready for use. Filter boric acid for eye solutions the same way. Also mouth wash.

USEFUL HINTS.

1. Always boil bottles, nipples, funnels, strainers, in fact everything used for babies' milk each and every time before using.
2. Never check loose bowels suddenly.

3. Never let a child go over twenty-four hours without a movement.
4. Never let a child go outdoors on a windy, dusty day.
5. Never bathe a child less than an hour after eating.
6. Never rock a child, or shake it up in any way after it has been fed, as it will sometimes cause vomiting.

HOW TO STERILIZE MOUTH CLOTHS.

A nice way to prepare mouth cloths for infants and children too young to use a toothbrush is to take some old table napkins, old handkerchiefs, or pieces of any kind of old linen. Wash thoroughly to get all the starch out, and boil. Hang up to dry. After they are dry cut out all the hems and worn places, and cut into pieces four or five inches square. Put into a pint Mason jar, and sterilize by standing in boiling water half an hour. Remove from the fire, put the cover (without any rubber) on tight, and they are ready for use. While they are boiling lay the top of the bottle on lightly, but do not screw until cool, as the glass would crack.

MOUTH WASHES.

Ordinary.—Two heaping teaspoonfuls of boric acid crystals, half pint of boiling water. Put crystals in bottle, pour on boiling water. When cold filter through cotton.

Special.—For coated tongue or sore mouth, or can be used all the time if preferred:

Glycerine, 2 ounces.
Borax, 1 teaspoonful.
Boiling water, 8 ounces.

When cold filter through cotton, and use the same as any other mouth wash.

TEETH.

There are twenty teeth in the first set, and while there is really no regularity in the way they come, the usual way is for the two lower front ones to come first, from the fifth to the ninth month. Next the four upper front ones, any time during the first year, that is to say, a child a year old usually has six teeth. Next come the other two lower front ones. Then the four front

double teeth, then the eye and stomach teeth, and so on. This cannot be taken as a guide, as I have found the greatest irregularity, both as to time and the way they come.

ABOUT ENEMAS AND CONSTIPATION.

All children at some period have spells of (not constipation) but times when their bowels do not move. The best thing to do in such cases is to give an enema of sterilized water in a soft rubber syringe, or, once in a while, a long glycerine suppository inserted a little way, and held about a minute. Avoid physics, they only make matters worse, and the condition is only temporary. A little extra cream added to the food will usually correct it. Always boil an infant's syringe each time before using. The best kind to use is an ear syringe, made entirely of soft rubber and which holds from one to two ounces. This can be bought at any drug store.

EMERGENCIES.

The following remedies and methods of treatment are only intended for cases of emergency. When it is possible consult your physician at once.

COLIC—CAUSES AND CURES.

Colic is usually caused by hunger or indigestion. Before dosing a child with anything, try and find out the cause. It is sometimes caused by an overloaded stomach, and by putting it on a very light diet for 12 hours (say barley water), it will be all right.

Below are a few simple remedies:

For colic.—Six drops of brandy in one ounce of water, and a little sugar of milk, or five drops of annisette cordial in one ounce of water, or, plain hot water, or fennel seed tea.

Fennel Tea.—One teaspoonful of fennel seed, one level teaspoonful granulated sugar, eight ounces of boiling water. Steep five minutes, and strain through cheese cloth. Give three or four ounces at a time.

FOR HIVES.

Wash the hives with a strong solution of boric acid.

BURNS AND SCALDS.

Equal parts of lime water and linseed oil; mix thoroughly, soak a piece of soft linen or lint in it, lay on the wound, cover with oil silk to exclude the air; change frequently.

SOUR STOMACH.

One pinch of bi-carbonate of soda in drinking water three times a day for an infant. Five grains three times a day in water for an older child.

VOMITING.

One tablespoonful of lime water with each feeding until all right.

EXCESSIVE VOMITING.

Equal parts of milk and lime water every two hours until relieved; about one ounce of each. No other food.

SUMMER COMPLAINT.

Take away all milk and milk foods for twenty-four hours, and longer if necessary. Give only barley water at the usual time for feeding. Also give the white of an egg, stirred, not beaten, in half a glass of water, three times a day. Sweeten with half a teaspoonful of granulated sugar, or one teaspoonful of sugar of milk. If there is much pain or weakness, twenty drops of brandy may be added to each white of egg. A dose of castor oil is usually a good thing.

CHAFING.

Wash the affected parts with a weak solution of boiled starch water. About a teaspoonful of starch to half a pint of boiling water. Powder during the day with the following powder, marked "Special."

At night use only cold cream or zinc salve.

Special.—One ounce of oxide of zinc powder; one ounce of common talcum; one even teaspoonful of boric acid powder; mix. Do not get the powder into the eyes or mouth, otherwise it is harmless.

RASH OR PRICKLY HEAT.

The powder mentioned on the previous page is an excellent one for any kind of rash. Use as little water as possible, and the powder very freely. Avoid grease of any kind.

CUTS AND BRUISES.

Clean the cut thoroughly with peroxide of hydrogen until it does not bubble. Put on any of the following powders:

Nosophen, aristol, or boric acid. Dress three times daily.

Bruises.—If you can get it, a piece of raw beef bound over the wound will prevent its turning black. After that put on warm Witch Hazel or Arnica. If there is much pain, put a warm flax seed poultice over that.

CROUP.

Put a piece of absorbent cotton soaked in warm camphorated oil, all around the neck, and well up under the ears, or a cold compress covered with flannel can be used in the same way. The result is about the same.

Alternate every five, ten or fifteen min-

utes, according to the severity of the attack; one teaspoonful of warm yellow vaseline (always have a new bottle for this purpose) and half a teaspoonful of syrup of ipecac until the child vomits. During the severity of the attack, keep a kettle boiling in the room, or a pint of water, boiling, to which ten drops of turpentine or creosote have been added. *Send for the doctor.*

CONVULSIONS.

For convulsions, put the child into a warm bath, about 104 degrees. Put cold compresses on the head. Keep in the water until thoroughly relaxed, adding more hot water from time to time, to keep the temperature even. Put one tablespoonful of mustard to each gallon (four quarts) of water. Give one teaspoonful of syrup of ipecac to make the child vomit as convulsions are sometimes caused by acute indigestion. Give enema of pure olive oil. *Send for the doctor.*

COLD IN HEAD.

Warm some liquid albolin, hold child's head lower than feet, and drop about eight drops into each nostril, with a straight

glass medicine dropper three times a day. Also rub chest and back with warm camphorated oil night and morning. Keep temperature of room about 70 degrees, if possible.

COLD ON CHEST.

Rub chest and back with warm camphorated oil, and cover the child from the neck to the waist with a little jacket made of oil silk, and lined with a thin layer of absorbent cotton. Cut it like a high neck, sleeveless waist. Boil in the room about fifteen minutes at a time, a pint of water, to which ten drops of turpentine or creosote have been added. Do this three times a day.

SORE EYES.

Wash the eyes thoroughly inside and out with the filtered boric acid solution.

Use a medicine dropper; do not be afraid of getting in too many drops, as all traces of the discharge must be taken away. Most children, especially infants, will open and shut the eyes constantly while the solution

is in. If they do not, move the upper lids slowly up and down several times to make sure that the eyes are clean. Always taste eyewashes before dropping into children's eyes.

In dropping in the solution, do not drop on the eye itself, but on the inside of the lower lid. If the eyelids stick together, put on a little plain vaseline—the kind that comes in tubes is the best for the purpose.

If this does not help in a few hours *consult your physician.*

Be careful about taking a young child suddenly into a very light room, or letting it sleep facing a bright light. Always use a shade.

EARACHE.

Twist a piece of absorbent cotton into a long, narrow roll; dip it in warm boric acid solution, and place in the ear, leaving out a long enough piece, so that it can be easily removed. Lie on a hot water bottle in such a way that it touches the end of the cotton, and the heat goes through that into the ear.

DISCHARGES FROM THE EAR.

Water should never be put in the ears, unless they are discharging freely—sometimes it is necessary; but it should be done very carefully. The best kind of a syringe to use is a soft rubber one, and the best thing to use is boric acid solution, unless some special lotion is ordered. Warm slightly, fill the syringe, insert it in the ear just inside the opening—draw the ear gently upwards, and point the end of the syringe upward instead of straight, and slowly empty it in the ear.

Do not use force—just a gentle pressure. Do not be afraid of getting too much in the ear, as what it cannot hold will run out.

This is an important thing that everyone should know how to do, as abscesses in the ear are quite common with children, and they have to be syringed frequently. These directions are given in case of an emergency, but if it is possible, *your physician should be notified at once.*

DISCHARGING NAVEL.

Wash three times a day, first with peroxide of hydrogen;—dry thoroughly with absorbent cotton. Next wash with a strong solution of alum water. Dry thoroughly.

Powder with any astringent powder; aristol is the best.

The next best is equal parts of boric acid powder and cornstarch.

HERNIA, OR RUPTURE OF THE NAVEL.

Before anything can be done about this all discharge must have stopped at least twenty-four hours. If it sticks out very much the best way to begin is to boil a nickel (to be sure it is clean), cover with old linen so that one side is filled out and arched in the form of a button. Leave this side perfectly smooth, and sew the other side up so the nickel cannot fall out. Lay this on the protrusion, and strap on with strips of adhesive plaster one inch wide. Leave this on for a week; in the meantime do not bathe the child in the tub.

At the end of the week remove the plaster

very carefully, taking care that the protrusion keeps in. If the child is over six months continue this treatment; if under six months, after the week is up remove the nickel and plaster and fold where the protrusion has been (being careful not to let it come out again) to form a kind of pocket. Get some waterproof adhesive plaster, and beginning from the bottom stick the plaster on, leaving a deep crease in the skin.

The plaster should be one inch wide and four inches long. Put another piece the same size across it to form a cross.

It is better to get someone to do it who understands it, as it is very particular work, and need only be changed once in ten days, and if the waterproof plaster is used it need not interfere with the tub bath.

I prefer the Zona adhesive plaster, put up by Johnson & Johnson, and it is waterproof.

RICKETS.

There may be a number of reasons why children get rickets, but there are undoubtedly a large percentage of cases where only the nutrition is at fault.

I do not think that any artificially-fed in-

fant really thrives, unless it has fresh cow's milk, modified properly to suit the condition and age. I have seen a number of cases where children were raised on some patent food not calling for fresh milk, and many of them had serious trouble; while children raised on the modified cow's milk were strong, healthy children, normal in every respect.

I have made a very careful personal study of this and know I am right.

The best treatment is lots of nourishment, the kind and amount to depend upon the age of the child. The principal things are raw milk, cream, orange juice, lime water and cod liver oil (either in an emulsion or plain); also beef juice.

SCALY HEAD.

Get a cake of tar and sulphur soap. Use the same as any soap for a shampoo. Put a little warm olive oil on the head every night. Wipe it off with cotton, so as to leave only a little on, as it stains, and a little does as much good as a larger quantity. Next morning use the soap mentioned as a shampoo, and continue this every day until the head is perfectly clean.

CHOKING.

If a child chokes from any liquid put the elbows together and raise the arms quickly over the head. Repeat this two or three times, raising the child up or laying it on its side. If it does not respond at once sprinkle cold water on the head, and the shock will cause a quick indrawing of the breath, which usually gives instant relief. If the choking spell is from a solid substance look down the throat and try and reach it with the thumb and forefinger, or take the child by the feet and pat it hard on the back.

NOSEBLEED.

Ordinary nosebleed can be checked by putting a cold compress on the nose and using a little gentle pressure; put a piece of ice wrapped in flannel at the nape of the neck. If this does not check within a reasonable time use the following:

Get two drams of Monsells solution of iron, using one-third iron to two-thirds water. Take a strip of gauze or linen about an inch wide, soak in the diluted solution

and lightly plug one or both nostrils, as the case may require, cutting it off about half an inch from the nostril. Do not use any force; just plug lightly.

This may be left in twelve hours, but if it causes any annoyance it may be removed after four. In removing take hold of the piece outside and remove gently, keeping the finger and thumb of the left hand on the upper part of the nostril. *Consult your physician.*

CONTENTS OF THE FAMILY MEDICINE CHEST.

Quarter yard of oil-silk.
2 ounces, equal parts, of linseed oil and lime water.
1 funnel; 1 strainer.
1 package of absorbent cotton.
Small bottle of lime water.
1 graduated measuring glass.
I dropper.
Licorice powder.
Castor oil.
Small syringe.
Glycerine suppositories.

Mustard, in can.
Bath thermometer.
Small box, containing common laundry starch.
Aristol or nosophen powder.
Boric acid powder.
Boric acid solution.
Peroxide of hydrogen.
Witch hazel or tincture of arnica.
Olive oil.
Syrup of ipecac.
One fresh bottle vaseline, sterilized.
Turpentine.
Liquid albolin.
Camphorated oil.
Special powder (page 66).
Zinc salve.
Brandy.
Alcohol.
Aromatic spirits of ammonia.
Bi-carbonate of soda.
Fennel seed.
Borax.
Glycerine.
Ground flaxseed.

A small quantity of each of these will do.

HOW TO GIVE MEDICINE.

Always look carefully at the label, and never, by any chance, use a bottle that has none.

Mistakes have been made—often serious ones. In pouring medicine from a bottle always leave the label turned up, as, if the contents become spilled on it, the directions cannot be read.

All medicines except cough syrups should be given in water; usually three or four times the amount of the medicine.

Cough syrups are to allay irritation in the throat, and the full strength is required.

CASTOR OIL.

In giving oil to children it should be warm, and two or three drops of brandy and a little sugar added.

Doses:

One month and under, 30 drops.
Two months and under, 40 drops.
Three months and under, 50 drops.
Four months and under, 60 drops.
From four months to one year, 1 teaspoonful.

One to two years, 1½ teaspoonfuls.
Two to five years, 2 teaspoonfuls.

It cannot be tasted in coffee or orange juice. About four times the amount of coffee or orange juice to the amount of castor oil, and may be given to older children in this way: A child from ten years upward may take a tablespoonful.

COUGH SYRUPS.

Syrup of Tulu, 2 ounces.
Muriate of Ammonia, ¼ dram.

Half a teaspoonful every two hours. This may be given to infants.

FLAXSEED AND LEMON JUICE.

One heaping tablespoonful of whole flaxseed, one heaping tablespoonful of granulated sugar. Pour over this one pint (two cups) of boiling water, and let it stand until cold. Add the juice of a lemon and a little more sugar if needed.

Strain, and give a tablespoonful every two or three hours.

This is for children over two years old.

THE USE OF STIMULANTS IN SICKNESS.

I have found that brandy or whiskey (the effect is about the same) is a great help in all cases, especially with infants and children. I do not mean in large quantities; in fact, in very small amounts. For instance: A child under three months could take twenty-four drops in twenty-four hours; three with each feeding.

Over three months, and under six months, twenty-eight drops in twenty-four hours; four drops with each feeding.

One year old, six drops to each feeding, and when the illness is over, and the child is getting well, stop it gradually by giving four drops less to the entire amount each day until you do not use any.

Of course, with special directions or special needs, it may be given in much larger quantities, but under ordinary circumstances the above directions may be followed.

THROAT GARGLES.

One teaspoonful alum, one teaspoonful borax and eight ounces of hot water.

Or,

Ten drops 95 per cent carbolic acid; mix thoroughly with a teaspoonful of glycerine. Add one teaspoonful borax and eight ounces of water. Mix.

The sore throat should be gargled every two hours, and a cold compress covered with flannel kept on.

BATHING, POULTICES, APPLICATIONS, ETC.

HOW TO MAKE TURPENTINE STUPES.

Wring a piece of flannel out of hot water; have it large enough to cover the affected part. Sprinkle evenly with spirits of turpentine. Do not pour it on, let it drop evenly. Lay it on the affected part; cover with oil-silk and a large piece of dry flannel. Leave it on a half hour, unless it irritates too much.

SALT SOLUTION.

One small level teaspoonful of common table salt to a pint of boiling water.

MUSTARD PLASTERS.

Take the white of an egg, put it into a cup, add enough mustard to make it a nice consistency. Stir out all the lumps, spread between old linen or cheesecloth. This is full strength, but unless left on a very long time will not blister.

Not so strong: One part of mustard to

two of flour; enough water to make a paste. Use the same as above.

FLAXSEED POULTICES.

Have the water boiling, the amount to be according to the space to be covered. A pint is usually enough for an ordinary poultice. Stir in the ground flaxseed very gradually, until it is the required consistency, not too wet. Spread between cheesecloth and put on as hot as it can be borne. Cover with oil-silk, a thick layer of cotton, and a loose bandage. Change every two hours unless ordered differently.

COLD PACK.

Lay a rubber sheet over the bed, cover with a sheet or a bath sheet. Remove all the patient's clothing and wrap in a dry woolen blanket from neck to below feet. Wring a sheet out of cold water (remove the blanket) and wrap the entire body in it, with the exception of the head, being sure that the sheet touches every part of the body. Wrap the blanket on the outside of this and cover with another light blanket. Put a cold compress on the head, covered

with a dry towel. If the patient goes to sleep it may be left on until he (or she) awakens. If not half an hour is usually long enough. The wet sheet should then be removed and the patient dried, and either dressed in night clothes and put into a warm bed, or wrapped in a warm blanket.

HOT PACK.

If possible take a thin blanket (if not a cotton sheet), wring it out of very hot water, as it cools quickly, and use in exactly the same way as a cold pack. This is very soothing for nervous, restless children, and will sometimes make them sleep when ordinary methods have failed.

Be careful to keep covered while sleeping.

HOW TO GIVE A BABY A TUB BATH.

A baby three weeks old is ready for a tub bath, and the first thing to consider is what kind of a tub to get. The ordinary oval foot tub will not do.

The tub should be free from all paint or enamel. Zinc, plain tin, or rubber are the best.

The tub should be long enough to allow the child to lie down, and plenty of room to spare at the head and feet to allow for growing and kicking. It should be deep enough to allow the child's chest to be entirely covered with the water, without spilling over. The second size is the best, as it will last until the child is able to sit up and use the ordinary stationary bath tub.

Everything should be in readiness before the bath begins—sponges, soap, mouth wash, dry, warm towels, clean towels, a bath apron, talcum powder, bath thermometer, safety pins, something to throw over the child until it becomes accustomed to the lower temperature of the room it is taken to after the bath. The temperature of the bathroom should be 75 degrees or more.

If possible have some way to warm the towels and clothing. A hot water bag filled with very hot water is a good substitute. Have the bath tub on a box, so that it is a convenient height to stoop over.

Take off all the baby's clothes and wrap in a soft towel and flannel apron. Wash the mouth thoroughly with whatever solution you are using. Next wash the face

(without soap) with a soft sponge or wash-cloth and dry. Next wash the head, ears and neck with soap and water, being careful not to get any water into the ears, and either rinse and dry before putting into the tub, or rinse in the tub, whichever comes easiest. Next soap the body all over, and gently lower into the tub, supporting the baby's head on your left wrist, and holding it around the left arm with the thumb and forefinger of your left hand, keeping your right hand under the body until it is in the water. Until a child becomes accustomed to the water it is best to lay a towel over it until it is well in the water.

Take your larger sponge and wash the body all over with your right hand, keeping your left in the position named until the baby is on your lap again.

The duration of the bath should be from five to ten minutes, and the temperature of the water 98 degrees to begin with.

Next have a dry, warm towel over the bath apron on your lap, and take the baby out of the water in the same manner you put it in, that is, with the right hand under the body. Be careful not to hurt the baby's

right arm, which is usually hanging down, and seems very much in the way.

Next dry thoroughly, especially all the creases, and powder by sprinkling a little on and rubbing with the hand. Next dress as quickly as possible, putting on the band and shirt first.

The baby should be fed just as soon as it is dressed, even if it is half an hour ahead of the usual time.

During the time that the baby was having its bath the room to which it is going should have been thoroughly aired and brushed up, so that it can take its nap in a nice, fresh room.

The temperature of the bath should be 98 degrees to begin with, and gradually lowered until it is 95 degrees. After three months it should be gradually changed as low as seems comfortable for the child, but not cold enough to shock. Some children, like some grown people, cannot stand cold water. A child should be bathed once a day for the first year; after that every other day during the second year, and then twice a week. After eight months the head should only be washed every second day.

BABY'S CLOTHING BASKET, ETC.

CONTENTS OF BABY BASKET.

Lanoline, cuticura, or castile soap.
Talcum powder.
Mouth cloths.
Mouth and eye wash (usually boric acid solution).
Large and small safety pins.
A full set of clothes.
Soft towels.
Extra diapers.
Vaseline.
Zinc salve.

HOW TO MAKE A HAIR PILLOW.

Make a pillow case of strong muslin, 14x17. Fill with four ounces of white curled hair, and sew up the end. Pull the hair evenly and tuft with thread, each tuft about four inches apart. This is only half an inch thick and is very comfortable.

COMFORTABLE CLOTHES FOR A NEW BABY.

6 night gowns.

4 slips, a little nicer than the night gowns, 34 inches from neck to hem.

3 or 4 fancy dresses, 36 inches from neck to hem.

2 white skirts to wear with fancy dresses, with narrow bands and buttonholes, to button on to underskirt waists, 2 inches shorter than dresses.

2 fancy flannel skirts, 1¾ yards wide and 26 inches long; also with bands and buttonholes.

2 plain flannel skirts, 1½ yards wide, 26 inches long, with bands and buttonholes.

4 plain flannel skirts, 1¼ yards wide (45 cents per yard), 24 inches long, to be put on cambric waists, the neck and armholes to be trimmed with lace, and a fine tape around the neck to draw them up. They are to be double where the skirt and waist join, to make them strong for the buttons, and are to be sewn together. They are to be used for inside flannel

skirts to take the place of pinning blankets, and to have a single tape round the bottom, coming from both sides, to tie up like a bag.

The idea is to have the inside flannel skirts two inches shorter than the outside ones, and the outside ones two inches shorter than the dresses when finished.

3 silk and wool, silk, or all-wool shirts, second size.
2 pair knitted wool booties.
2 woolen shawls, one pink and one white (honeycomb are the best).
1 flannel square to use as a headshawl if needed.
1 flannel bath apron.
8 yards of 26-inch bleached cotton flannel, to be cut into twelve squares and hemmed, to be used for outside diapers.
For inside diapers get the Red Cross sanitary bird's eye cotton; it is boiled and softened, ready for use. Draw a thread before cutting it; otherwise it will be crooked.

3 pieces, 20 inches, cut into double squares 40 inches long.
3 pieces, 22 inches, cut into double squares 44 inches long.
1 yard of flannel, to be torn into five bands; not hemmed.

NIGHT CLOTHES.

The Arnold Knit night gowns are very nice. They come in two weights, winter and summer. They have a drawstring round the bottom, and when used a child does not need any skirts at night, only the shirt, band, stockings or booties, and diapers. It is very necessary that a child's feet should be kept warm, both day and night.

ABOUT FLANNEL BANDS.

A child should wear flannel bands for the first two years, or over the second summer, anyway; a snug flannel band the first three months and the ordinary knitted ones after that.

BABY'S TEMPERATURE, WEIGHT, ETC.

HOW TO TAKE A CHILD'S TEMPERATURE.

The best way to take a child's temperature is in the rectum. The thermometer should be greased slightly and pointed towards the navel and kept in three minutes.

Temperature taken this way is from one-half to one degree higher than by mouth, but it is the only sure way.

A baby's temperature does not vary much from that of an adult. It is usually 99, while an adult's will be 98½. The pulse and respiration are very different.

An infant under one month will have a pulse usually from 130 to 140. This gradually becomes slower, and when the child is two years old it is about 100, and at five years about 90, while an adult's ranges from 72 to 75.

The normal respiration for an adult is

about 16, while that of an infant under a month old is about 40, and that of a child five years old about 25.

Of course, these vary under certain conditions, such as a hearty meal, violent exercise, etc., but it will give you a general idea.

TEMPERATURE AND MOISTURE IN ROOMS.

A broad, shallow pan should be kept on the radiator, or whatever the heating apparatus is, all the time. It should contain from a pint to a quart of water, and be changed twice a day.

This should always be done in sick rooms, sleeping rooms, or where children are.

The day nursery should be kept not warmer than 70 degrees, and 60 to 65 at night for children under one year. After that it may gradually be made cooler at night. During the day 70 is a good temperature at any time. It is a mistake to keep the nursery too warm, as children take cold by being taken into halls and other rooms that are cooler than their own.

BABY'S WEIGHT.

The average weight of a new-born baby is 7 pounds 8 ounces.

1 week old, 7 pounds 4 ounces.
2 weeks old, 7 pounds 8 ounces.
3 weeks old, 8 pounds.
1 month old, 8 pounds, 8 ounces.
2 months old, 10 pounds, 8 ounces.
3 months old, 12 pounds 8 ounces.
4 months old, 13 pounds 12 ounces.
5 months old, 15 pounds.
6 months old, 16 pounds.
7 months old, 17 pounds.
8 months old, 18 pounds.
9 months old, 18 pounds 12 ounces.
10 months old, 19 pounds 8 ounces.
11 months old, 20 pounds.
1 year old, 20½ to 21 pounds.
2 years old, 27 pounds.
3 years old, 32 pounds.
4 years old, 36 pounds.
5 years old, 40 pounds.

WEIGHTS AND MEASURES.

Teaspoons vary very much in size, but there are four ordinary small teaspoonfuls to one tablespoonful. Tablespoons also vary in size, but an ordinary one holds half an ounce. So as none of them are absolutely correct we will say about:

4 teaspoonfuls, 1 tablespoonful.
2 tablespoonfuls, 1 ounce.

The correct way to measure is to have a graduate glass.

DRY MEASURE.

60 grains, 1 dram

FLUID MEASURE.

8 drams, 1 ounce.
16 ounces, 1 pint or pound.
32 ounces, 1 quart.
4 quarts, 1 gallon.

ABOUT HEALTHY BABIES.

If a baby who has been gaining begins to lose weight, or remains at a standstill, seems restless, gets hungry before its time, and does not sleep as long as usual, it is not getting enough to eat—either not getting enough in quantity or the quality is too poor. In the case of a bottle-fed baby under ten months old it would be better to make the milk richer, or, if you are using the milk as rich as the child's age calls for, use some baby food in addition. In the case of a nursing baby, it would mean more bottles, and fewer nursings. In the case of a child over ten months, other foods—broths, etc. —should be given in addition to the milk.

DELICATE. POORLY NOURISHED BABIES.

In commencing to feed milk to a baby who has never been properly nourished, or who for any reason is far below the average in weight, the proportion of milk used should be about half the strength that would be given to a normal baby of the same age. At the end of a week you could begin gradually to increase the quality, according to directions on page 12. Then if there are any symptoms of indigestion stop increasing for a week. Then begin again. Under these conditions it would be better to use the top milk, the directions for preparing it will be found on page 7. Unless the baby is constipated it would be better to dilute the milk with barley water instead of plain water.

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